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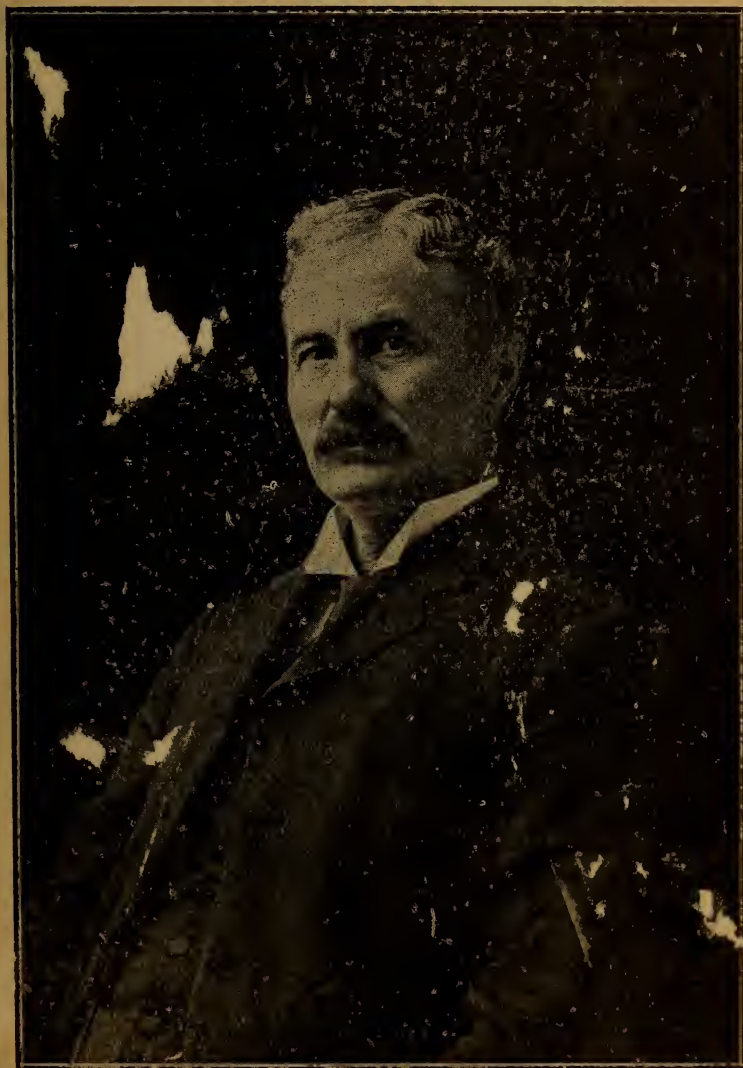
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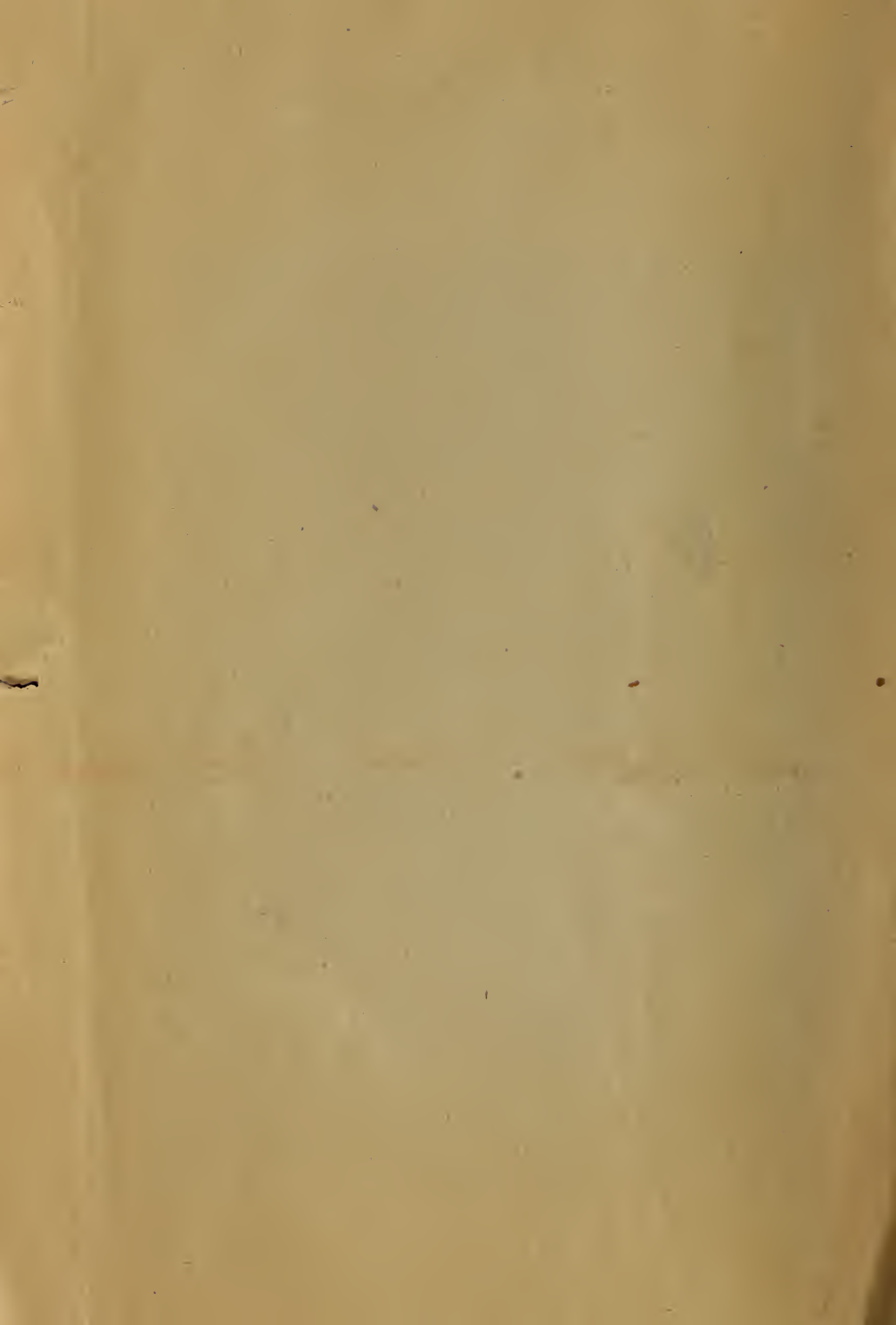
HYPNOTISM;

—OR—

The Human Mind—What Is It?



BY PROF. J. W. MOORE.



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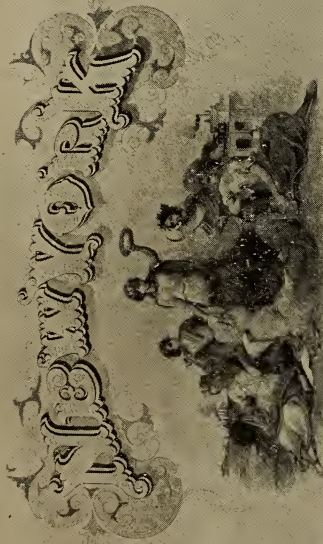
PREFACE.

OUR purpose in writing this course is to furnish our readers a plain, practical Treatise on How the Mind Can Be Controlled by Suggestion. It appears to be very difficult for some to understand what is meant by Suggestion Controlling the Mind. We have attempted in this course to place this subject before our readers in such a manner that they may readily comprehend it.

We heartily endorse the great proposition laid down by Thomas J. Hudson, in his great work on Psychic Phenomena, that man possesses two minds: one designated as the Objective Mind, and the other as the Subjective Mind; and that the Subjective Mind has full control of the functions and conditions of the body.

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INSTITUTE OF SCIENCE.

TO ALL TO WHOM THIS MAY COME, GREETINGS

Be it known that J. W. Moore has completed his full course prescribed by this Institution for Hypnotism, Mesmerism, Psychic Investigations, Magnetic Healing and Reincarnation. His aptitude and open examination is adjudged worthy of Graduation, and is entitled to the highest honors of this Institution whereby those presents are conferred.

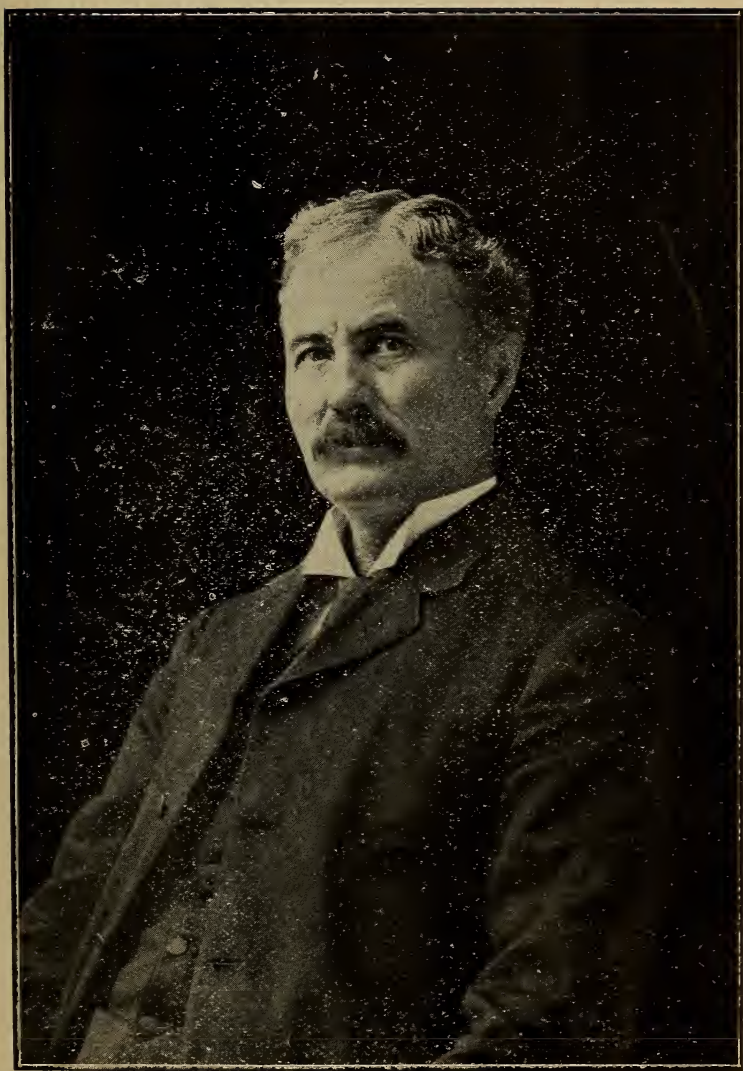
In Testimony Whereof we have hereunto set our hands and affixed our seal on this
 10th September 1898. Dated at New York, N.Y. U.S.A.



Delivered September 10th 1898
John W. Moore

J. W. Moore, Sec'y

J. W. Moore, Sec'y



PROF. J. W. MOORE.

HYPNOTISM.

In order to bring before the reader a clear idea of the power of the mind over the body he should have some idea of its limits, capabilities and responsibilities. The human mind is designated as the objective and subjective mind. The objective mind is the result of organization of the brain; the subjective mind is a distinct entity, and, when not opposed by the objective mind, it controls the five physical senses of the body, and for the control and cure of diseases its power is unlimited. Hypnotism has been fought by the press for the last century, and readers go to them and ask them what hypnotism is; and is there no one that can tell you what it is? It has been denounced as the work of the evil one by the prejudiced, but I ask you, is there one who has taken the pains to investigate that has not changed his opinion as to the nature of what it is? It is a self-induced state, the subject doing more to bring on the state than the operator, for no one can be hypnotised against his own will. The subject must put himself in a perfectly passive condition in order to enter the

state. Now, a great many will tell you that it is dangerous, and that it is harmful. Well, reader, you can eat and drink and sleep to your injury. But can you tell me of one person that has been injured by entering into the state of hypnotism? But can you not count them by scores that have become physical wrecks by the use of morphine and cocaine? Chloroform is killing hundreds every year. But the same persons who have told you of the evil effects of hypnotism do not mention the results of the deadly drugs that are used indiscriminately every day by those who have taken so much pains to warn you of the evil effect of hypnotism. The successful business man, the lawyer that pleads to the jury, all use hypnotism to a more or less degree; suggestion is the key-note to hypnotism. Now there are three modes of producing hypnosis: First, by suggestion, passes and bright objects. Did you ever stop and think that by telling a thing once that it did not have the effect that it would to repeat it? Repetition is what fixes any certain thing upon the mind. Now, that gives us some idea of the workings of the mind and how to control it. Why a bright object will produce hypnosis is because it helps to concentrate the mind, and brings about a passive condition that is essential to bringing on the state.

RESPONSIBILITY

Of the people in hypnosis: hypnotism does not change the fundamental principles of the subject's education. A great many people will consent to do and perform a great many funny things while under the influence of hypnotism, but they never lose their moral sense. The animal propensities seem to be under restraint, while the intellectual and moral sentiments shine with renewed luster, and the senses of honor and morality are elevated.

HYPNOTISM.

Hypnotism when properly understood will be embraced by the intelligent masses. When such men as John Hunter, Daniel Hacktuke, Prof. Elmer Gates and Dr. Pritzer advocate hypnotism as harmless and beneficial to both mind and body—men that have had years of experience and made it a scientific study—should they not be good authority, as they thoroughly understand the human body?

PERSONAL MAGNETISM.

Every person possesses more or less magnetism, as the reader is well aware that some can sway an audience and hold it spell-bound, while others have no influence, whatever. Did you, reader, ever pause and think what the

cause was? Well, it is this personal magnetism, which every person possesses, if they could only utilize the force that nature has endowed them with. But before you can attain that high degree that some reach you have to cultivate; and patience is the price of success. It's not learned in one day. But any person starting out with the determination to succeed need not fail. So many works on personal magnetism are so lengthy and combined that the reader becomes confused. Now the object of the writer of this course is to make it so plain that all who strive to reach that degree of magnetism will be successful. Distance cuts no figure. You can control miles apart the same as though they were present, but in order to control them you must draw a living picture in your own mind, and with a fixed determination to control them, never allowing anything else to enter your mind. And, reader, you will be surprised at the results of your own work.

ANIMAL MAGNETISM.

A great many writers believe in a nervous fluid passing from operator to the subject, which is the most reasonable theory, as it is a given up principle that downward passes produce hypnosis or mesmeric sleep, and all upward passes dispel the same. Now, if such

is the fact, is it not conclusive evidence that there is a nervous fluid passes from operator to subject? Now before you should try to put any one to sleep you should try some lighter stages of hypnosis, such as locking the hands together and making the limbs rigid. But before you try any of these above you should give them a clear and distinct idea of it; you should impress upon their minds that it is harmless and that it does not represent a weak will but that a strong will should be more susceptible to enter the stage. And further impress them that they must put themselves in passive condition and concentrate their minds on what you tell them, that a wandering mind can not be hypnotised. All this should be made perfectly clear before attempting any of the above tests. Do not expect to control every one you try as some will resist you when they tell you that they are not. Remember you must dispel any fear that they may have as to it injuring them in testing for susceptibility. Should you find them hard to relax you will then know they will be hard to wake up. And you should not make passes nor let them look at bright objects, but should put them to sleep by suggestions given them that they will wake up when you tell them to. Impress that upon their minds when you are putting them under the influence. Then you will have no trou-

ble to bring them out from under the influence. Never wake them up too abruptly. In patients that seem dazed when woke up always make dispersive passes to clear their heads. Never allow any excited persons in the room should you have a patient hard to wake up, as they might unduly influence him to remain asleep. In such patients that are hard to wake always get a promise from them to wake up when you tell them to. Never give any suggestions that might make them feel badly. For when they are in that state they are in a passive condition, ready to receive any suggestions that you may make as true. Always go about your work in a business-like manner. Never brag on your abilities. But say you can do it, and let your manner and actions be such that it will impress upon them that you understand your business.

PARLOR ENTERTAINMENTS.

Always place the people participating in a circle, and then stand out in front of them. And let your eyes take in the whole circle so every one will think you are looking at him. Give them a clear and plain statement of what Hypnotism is. Do not try to make the impression that you possess a power they do not. Always tell them that they could do the same if they only knew how to



MAKING THE LIMBS RIGID.

utilize the forces they were endowed with. Now the reader might say, "Suppose that we follow the instructions and we fail. Would it not destroy all confidence?" Our answer is: "No; any failure to influence or hypnotize should not occasion enough skepticism to prevent the success of the future efforts. The fault is in the patient and we should not be afraid to make bold and say we can and will do it." Do not under any circumstances surround the patient with an air of mystery.

HOW TO HYPNOTIZE.

We are now ready with a feeling of earnestness and confidence, all of which I show by my expressions and behavior. I now ask the patient to clasp his hands together and look me in the eye, and at the same time I return his look, my eyes centering at the root of his nose, or on the organ of individuality. I then tell him his hands are sticking fast, and keep repeating the same and at the same time make a few downward passes, and in a firm voice say, "Now you can't take them apart." If they stick together, or I have influenced him to any extent, I then try him on a backward test. I have him stand up on the floor, feet together, hands by his sides, and then ask him to relax every muscle and to close his eyes and look, apparently, at an object situated at an

angle of forty-five degrees. I then place the index finger of the left hand on his forehead, and the index finger of the right hand on the back of his head, pressing gently upward, saying in a slow and firm voice, "When I take my hand from your head your body will follow." I then draw my finger from his head, and in most instances the subject will fall backwards. Do not under any circumstances let him fall. In the forward test you have him stand in a relaxed condition, placing your right foot at the toes of the patient with your left foot about fifteen inches back, with your face twenty inches from the patient, and with a firm look at the root of the nose. Then put the index finger of the right hand within five inches of the nose and ask him to look steadily at the point of your finger; then say, "Look at my finger, keep your mind on the point of my finger, and when I draw it from you, you will follow after it." I then draw it slowly from in front of him, and most persons will follow after it.

MAKING THE LIMBS RIGID.

Take any person by the right hand and place the ball of your thumb on the back of his hand, about an inch from the knuckle of the ring finger. Your thumb will then be resting firmly on the ulnar nerve. Then let sub-

ject place his eyes on yours, as soon as you take his hand, and with a determination to influence him return his gaze half a minute or more. Tell him to place his weight on one limb and make his muscles hard. Then tell him his limb is getting stiff, and that he cannot bend it. Repeat it several times and make a few passes down his limb. Then raise to a standing position, keep your eye on his, and say in a firm tone "You can't bend it, and you can't bend it. The more you try the stiffer it is." Then cause him to make a few steps and his limb will be rigid. Remove influence by slapping leg with hand and saying "Relax! Wide awake!" Should the limb feel queerly for a while make a few upward passes.

Always remember that upward passes dispel and downward passes produce results.

SLEEP TEST.

Approach the subject on the right side, rubbing hands together a little. Then pick up his hands and straighten his arms, placing them down upon front of his body, or close by his side. You then say, in a positive tone of voice, "Now you are going to enter into a quiet sleep. Just relax every muscle, and make yourself perfectly passive, and listen to what I say. Keep your mind on sleep, and as I talk to you a quiet feeling

of sleep will come over you. Your eyes are getting heavy; your eyes are getting heavy; your eyes are watering; you can't keep them open; sleep is coming, sleep is coming. Your eyes are heavy, and you cannot hold them open. Sleep is coming." Then when you see his eyes are watering and heavy you tell him to close them. And then you make some downward passes, and keep repeating "Sleep," to him all the time. You will find that he is now in a deep sleep and in a receptive condition, ready to receive any suggestion you make as true. Now if you wish to create any delusion in his mind you say to him that when he opens his eyes he will see a river or lake. Repeat it to him several times. Then have him to open his eyes and make some downward passes, and say, "Do you see, do you see it?" pointing to the imaginary object. After you get him to see it, you can carry him from one scene to another, just by telling him that it exists. You can make him believe he is an orator: have him make speeches, and sing songs, and dance and do anything you suggest to him.

DELUSIONS.

If you wish to make him believe there is a swarm of bees around him tell him they are thick around him and



PREVENTIG SPEAKING THE NAME.

strike a few times, and he will follow you and fight them. Never give any suggestion that would be injurious to him if he carried it out. Now to bring him out from under the influence. Clap your hands together right sharply and say, "Wide Awake!" If he seems any way dazed and his head is not clear, make a few dispersive passes. Remember that downward passes produce and upward passes dispel.

PREVENT SPEAKING NAMES.

After you have once controlled a subject and you want to prevent him from speaking, walk up to him, all the time looking him in the eye, and say, "Now you can't say your name." After he has tried, you can say to him "All right. Now you can say it." Always remember that repetition is what fixes anything on the mind. Remember that all hypnotic sleep is produced by having the subject to relax his muscles and make himself perfectly passive, and concentrate his mind on sleep. 'Tis much easier to show than it is to tell the person how to hypnotize. But these instructions will tell the methods I use, and if followed will be ample for any one to learn. Remember that practice makes perfect in all things. We now wish to call your attention to how to make passes. In producing hypnotic sleep open your

hands, with the fingers a little curved; bring them up in front of patient's face; draw them down below the breast within an inch of the person, and when brought down throw away, as though trying to throw off some sticky substance. Then bring them up in a circle, with back of hand to subject, or close your hands tight as you bring them up. That is to break the connection, and it is very essential, for if you were to bring your hands up in front of patient you would dispel the influence you had produced. At all times, while making passes, keep your eyes on subject, and never let your mind wander on any other subject. Always concentrate your mental energies on your work; always be careful how you raise your hands in all passes. Never make them in contact with the subject, but always within an inch or two of person.

FOR THE CURE OF DISEASES.

Hypnotism is one of the greatest therapeutic agents known, as it puts the patient in a perfectly passive condition. He is then *en rapport* with the operator. And in that condition everything is harmony. There is not a vice but what can be cured by suggestion. Smoking cigarettes and morphine habits and all chronic diseases

are all amenable to suggestion without question. Suggestion rules the world.

SPECIAL INSTRUCTIONS ON POST HYPNOTIC SUGGESTIONS.

The special instructions we give we hope you will not abuse, nor the confidence we place in you in this course. Nor do anything that will bring discredit to hypnosis or the science of Hypnotism. No one should use it for any purpose that would bring discredit to the science. The first thing to do before attempting to give post hypnotic suggestion is to get the subject in as deep a sleep as possible. For this method use my general instructions for producing hypnotic sleep. Get the patient in as deep a sleep as possible. After getting subject in that condition take his left hand in your right; grasp it tightly. Let your thumb rest on ball of subject's thumb. Then your thumb will be resting on median nerve, which is a compound nerve, having both sensation and emotion. Now give your suggestions that on some future day the subject will do something, such as going down town and getting some trivial thing, or that he will like you better. You must give the instructions over and over for at least eight or ten times. Always give your suggestions in a positive manner, and let the fingers of

left hand stroke the subject forward at time of suggestions. Then say to him that when he awakens he will not remember anything you have said to him, but that he will follow your suggestions. Never give any suggestion that would work any hardship on the patient. Nor neither should you use this for any immoral purpose. You can completely change any one's disposition. If you wish to change their dispositions, and make them more friendly and sociable, tell them they will be more lively, and always make the suggestions while they are in a deep sleep—the deeper the better. The preceding instructions may be applied to any case. You can change the wording to suit the case you have to treat. Be careful never to give any instructions which would work any hardship to the patient. Never give these instructions for amusement, for the patient will surely carry them out and you might injure him by doing so. Remember that you have a human mind in your control and that you may be changing it for life. You can change any habits you see fit to do so. In giving you this we hope that you will not use it for any purpose that will bring discredit on you or the science.

HOW TO MAKE FRIENDS.

In meeting any one always take him by the hand.



OBEYING COMMANDS OF OPERATOR WHILE IN A HYPNOTIC STATE.

Grasp it tightly, looking him straight in the eyes, or at the root of the nose. Take his hand well in yours and lean forward when you shake it, with a firm gaze at root of nose; then if you wish to make any suggestion to him, do so. Never look away from him when you wish to impress him with any suggestion you have to make. The above instructions we hope will be sufficient to enable any one to practice with success.

HOW TO PRODUCE CATELEPTIC STATE.

Commence by putting the patient in a deep sleep—it is better to have the patient stand up—and after you get him to sleep, tell him that all his muscles are getting rigid. Repeat it several times, that they are rigid, and that his heart will beat normal, but that he can not bend any of his body. Always, in giving these instructions, make downward passes with both hands, from his face down over his breast, throwing away as though you were trying to throw off some sticky substance from your hands. As mentioned before, you can not be too careful in making the passes, as downward passes produce, and upward passes disperse, the influence. When you wish to remove, or bring the patient out from under the influence, tell him to relax his muscles;

then you can bring him out from under the influence the same as in any other case.

HOW TO PRODUCE ANÆSTHESIA.

Put the patient in as deep a sleep as possible, then give the suggestion that there is no feeling; that his arms are dead; that he will feel no pain. Remove the influence the same as in other cases of hypnotism. Always making dispersive passes to remove the influence.

SPECIAL INSTRUCTIONS IN GIVING MY RULES FOR PRACTICING HYPNOTISIM.

I advise the operator to master all the instructions given, so he will not have to refer to this work. Always have your plan laid out and then follow it.

Never be influenced by others; for he who has no mind of his own cannot influence others. So with these instructions, I will bid you adieu.

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